

Direct Brow Lift

What is a Direct Brow Lift?

'Brow Ptosis' means that the eyebrow area is drooping low. Due to gravity and other factors, our brow position normally changes as we age. Some people may suffer from brow ache or headaches from constantly trying to raise the brows. A low brow position may also lead to excess skin, causing a 'hooded' effect over the eye so that the upper part of the field of vision may be affected. We use the 'direct brow lift' operation to try and restore a more normal appearance. The surgeon may also do an upper lid blepharoplasty at the same time, in order to remove excess upper lid skin.

What does surgery involve?

The operation is usually performed under local anaesthetic, which means we give injections around the upper part of the face to make it numb. The operation is a day-case procedure, which means that you would not have to stay in hospital overnight.

What should I expect after surgery?

- A firm pressure dressing (bandage) may be applied at the end of the operation in order to reduce swelling and pain. This dressing covers the eye and if we treat both sides of the face during the same operation, we usually only apply the dressing to one side so that you can still see. It is best to leave the dressing in place overnight.
- In the first few days there is usually significant bruising, tenderness and swelling of the eyelids and cheeks. Bruising sometimes spreads from one side of the face to the other, or spreads down to the neck.
- The eyelids may be difficult to open and / or difficult to close.
- The vision may be blurred.
- There will be stitches in the skin; these may not be absorbable and are usually removed 10 to 14 days after surgery.

What do I need to do when recovering after surgery?

- Take regular simple painkillers, such as paracetamol (1g, four times daily).
- Make a cold compress using a bag of frozen peas or an ice pack wrapped in a clean pillowcase or tea towel. Apply the cold compress for 10 minutes, 5 times daily for 3 days. You should apply the cold compress to an eye even while the eye still has a dressing over it.
- Remove the dressing about 24 hours after surgery.

- During the night, use extra pillows to raise your head above chest level, to try and limit the swelling.
- Clean your face using a clean, damp flannel or damp cotton wool pads. Do not put your face under water in a basin or bath. Do not shower your face.

What are the risks of surgery?

- Bleeding - if you have severe pain after surgery, you should seek immediate help as this could be due to bleeding causing increased pressure within the orbit (eye socket). This might require emergency treatment.
- Infection.
- Scarring. In a direct brow lift the scar runs along the top of the eyebrow and usually heals very well. Full healing of the wounds can take some months. Poor scarring can follow infection or wound breakdown, but this is generally rare.
- Your eyes might not close properly when you blink - this might mean you would need to take lubricant eye drops during the daytime, possibly for many years.
- Your eyes might not close properly when you are asleep - this might mean you would need to take lubricant eye ointment before sleep, possibly for many years.
- Numbness of the forehead.
- Asymmetry (difference in appearance between right and left sides).
- Recurrence (despite surgery our tissues continue to descend with age)
- Need for further surgery.
- Permanent loss of vision (this is rare).

Do I have to have surgery?

No, you could continue without an operation. However, brow ptosis is very unlikely to get better without surgery, and could gradually get worse. Loss of upper visual field could make you at risk of accidents such as banging your head on a low door frame, and if you have a driving license you could lose it.

Contact Details:

Sophie Lines (private secretary): 01527 507966